

Unravelling disease activity in IBD ; a key to personalized medicin

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Unravelling disease activity in IBD; a key to personalized medicine

Dion Wintjens - 22 oktober 2021

1. Given the current tendency towards aggressive treatment strategies, a significant proportion of Crohn's disease patients is at risk for potentially harmful drug exposure - *This thesis*
2. The patient's exposome is being undervalued in daily practice, while being an important target for (non-)pharmacological interventions in IBD - *This thesis*
3. Extra-intestinal cancer is a severe complication of overtreatment and should be considered when individual treatment plans are made - *This thesis*
4. Earlier start of colorectal cancer surveillance in selected individuals can further reduce colorectal cancer risks - *This thesis*
5. Insurance companies should take the considerable heterogeneity of IBD patients into account when drafting their policies - *This thesis*
6. The structure and functional capacity of the gut microbiome are major determinants in the healthy state and in a variety of gastrointestinal disease states - *Shreiner et al. 2015 Curr Opin Gastroenterol*
7. Remote monitoring of patients using telemedicine applications should be used to optimise the delivery of care in all chronic gastrointestinal conditions, for example in chronic liver disease - *Serper et al. 2019 Clin Gastroenterol Hepatol*
8. In the near future, artificial intelligence will contribute to an increased diagnostic yield of endoscopy concerning (pre)malignant and inflammatory lesions - *Le Berre et al. 2020 Gastroenterology*
9. The implementation of personalized medicine in the treatment of malignant melanoma has drastically improved disease outcomes - *Helgadottir et al. 2018 Front Oncol*
10. Patience is not the ability to wait, but the ability to keep a good attitude while waiting - *Joyce Meyer*
11. Writing a thesis is like a puzzle; it all seems a mess, but when it gets fixed it looks awesome - *Personal note*